

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application.

Listing of Claims:

1. (currently amended) A sports vision training device comprising:

a piece of material having a thickness sufficient to interfere with an individual's ability to look in a specific direction at a sporting object being controlled by the individual; and

said piece of material having an adhesive coating or layer for positioning said piece of material ~~on a portion of an individual's face; and~~

said piece of material being positioned beneath an individual's eye without said piece of material covering any portion of said eye
so that said piece of material interferes with said individual's ability to look at said sporting object while attempting to control said sporting object due to said thickness while allowing said individual to look forward and up without any vision obstruction.

2. (original) A sports vision training device according to claim 1, wherein said piece of material has a thickness sufficient to direct

the individual's vision up and toward the field of play and players on said field of play.

3. (original) A sports vision training device according to claim 1, wherein said piece of material is formed from an open-cell foam material.

4. (original) A sports vision training device according to claim 1, wherein said adhesive coating or layer includes means for absorbing moisture and for transferring said moisture from a surface of an individual's skin to the piece of material to allow the moisture to evaporate.

5. (original) A sports vision training device according to claim 4, wherein said moisture absorbing and transferring means comprises a hydrocolloidal material incorporated into said adhesive layer.

6. (currently amended) A sports vision training device according to claim 1, wherein said piece of material has an upper surface and said upper surface is intermittently grooved ~~or with a narrow stem at the base of which is the adhesive~~ to permit momentary glances at said sports object.

7. (original) A sports vision training device according to claim 1, wherein said piece of material has written indicia on an upper surface.

8. (original) A sports vision training device according to claim 1, wherein said piece of material has a logo on an upper surface.

9. (original) A sports vision training device according to claim 1, wherein said device is disposable.

10. (currently amended) A system for training an individual encouraging them to look up and forward while playing a sport without looking down at an object being controlled by said individual, said system comprising:

a pair of potentially disposable view restricting members;

each said member being adhesively applied to one of the cheeks under an eye of said individual without covering any portion of said eye and without interfering with the individual's ability to see in upward and forward directions; and

each said member having a thickness sufficient to interfere with said individual's vision if said individual attempts to look

down and sufficient to encourage said individual to look in ~~an~~^{up}
said upward and forward directions towards a field of play and at
least one player on said field of play.

11. (original) A system according to claim 10, wherein each said
member has a first layer formed from an open-cell foam material.

12. (previously presented) A system according to claim 11, wherein
each said member has an adhesive coating or layer for holding said
member to a respective cheek of said individual, said adhesive
coating or layer abutting a surface of said first layer.

13. (original) A system according to claim 12, wherein said adhesive
coating or layer contains a hydrocolloidal material for absorbing
moisture and for transferring said moisture from a surface of said
respective cheek to the first layer for evaporation into the
atmosphere.

14. (currently amended) A system according to claim 13, wherein each
said member has an upper surface and intermittently spaced grooves
in said upper surface, or with a narrow stem at the base of which is
the adhesive, for allowing momentary glances downwardly at the
sports object being controlled by the user.

15. (original) A system according to claim 10, further comprising vision restriction devices attached to an individual's face along side each eye to restrict the individual's peripheral vision.

16. (original) A system according to claim 15, wherein each said vision restriction device comprises a first layer formed from an open cell material and a second adhesive coating or layer for adhering the vision restriction device to the individual's face.

17. (original) A system according to claim 16, wherein said adhesive coating or layer has a hydrocolloidal material incorporated therein.

18. (currently amended) A method for training an individual playing a sport, said method comprising the steps of:

providing at least one member having an adhesive coating or a layer and a thickness sufficient to interfere with said individual's field of vision; and

positioning said at least one member on at least one cheek under an eye of said individual in a position which does not cover any portion of said eye so that said thickness interferes with the individual's ability to look downwardly at a sports object being controlled by the individual and to restrict said individual's field

of vision to looking forward and up and towards a field of play and at least one person on said field of play.

19. (new) A sports vision training device according to claim 1, wherein said piece of material has a narrow stem at the base of which is the adhesive.

20. (new) A sports vision training device according to claim 1, wherein said thickness is at least one quarter inch.

21. (new) A sports vision training device according to claim 1, wherein said piece of material is positioned so as to enable at least partial view of said sporting object being controlled by said individual at a point equal to 20 degrees relative to the individual's vertical field of vision.

22. (new) A sports vision training device according to claim 1, wherein said piece of material is positioned so as to enable at least partial view of said sporting object being controlled by said individual at a point less than 20 degrees relative to the individual's vertical field of vision.